## SEPTEMBER 2020



## Jefferson & Kennedy Breakfast

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |  |
|--|--|---|--|---|--|
| 31   | 1  | 2   | 3  | 4<br>NO SCHOOL<br>LABOR DAY WEEKEND   | <b>News</b> Free Breakfast In The  |
| NO SCHOOL LABOR DAY  | 8  WG Chocolate Cherry Bar Raisins Orange Juice Variety of Milk    | 9 WG Blueberry Muffin String Cheese Peach Cup Grape Juice Variety of Milk     | Cinni Mini Applesauce Cup Fruit Punch Variety of Milk                | 11<br>Cooks Choice Breakfast<br>Craisins<br>Assorted Juice<br>Variety of Milk | Classroom  Foodservice reserves the right to change the menu without notice  Questions concerning the                                |
| 14  Cheerios  Raisins  Apple Juice  Variety of Milk            | Mini Pancakes Apple Slices Orange Juice Variety of Milk            | <b>16</b> WG Trix Cereal Bar  Banana  Grape Juice  Variety of Milk            | <b>17</b> Banana Bread  Applesauce Cup  Fruit Punch  Variety of Milk | 18<br>Cooks Choice Breakfast<br>Craisins<br>Assorted Juice<br>Variety of Milk | menu please contact Keri Carlson 231-398-3695 kcarlson@manistee.org  Free and Reduced lunch applications may be filled out online at |
| RS Frosted Flakes<br>Raisins<br>Apple Juice<br>Variety of Milk | Cherry Frudel<br>Strawberry Cup<br>Orange Juice<br>Variety of Milk | 23  WG Apple Cinnamon Muffin String Cheese Banana Grape Juice Variety of Milk | 24  Strawberry Crisp Bar Applesauce Cup Fruit Punch Variety of Milk  | 25  Cooks Choice Breakfast Craisins Assorted Juice Variety of Milk            | www.lunchapp.com  Students must select 3  items to be a complete breakfast. One item must be a fruit or a juice                      |
| 28  Lucky Charms Cereal Raisins Apple Juice Variety of Milk    | 29  Yogurt Simply Chex Apple Slices Orange Juice Variety of Milk   | <b>30</b> WG Cheerios Cereal Bar Banana Grape Juice Variety of Milk           | 1  | 2   |  |